



The Drishti Newsletter!

-May 2007-

Hello, friends of Drishti! Welcome to our most recent newsletter. As always, if you have any comments or suggestions, feel free to email us. In this newsletter you will find the following sections:

- 1) What's New at Drishti
- 2) Yoga News
- 3) Upcoming Yoga Workshops & Events (in the Santa Barbara area)

What's New at Drishti

The Drishti Blog!

One of our most exciting pieces of news is the advent of the [brand new Drishti Blog!](#) Although we enjoy keeping our readers informed of interesting yoga news through our periodic **Drishti Newsletters**, we wanted to create a venue through which we could post yoga news **in realtime**, as it happens. Readers now need only visit our blog online to stay up-to-date on the latest happenings in the yoga scene. The Drishti Blog is **current, continually updated, and interactive**, and we hope that our community will appreciate it as much as our newsletters.

Feel free to check out our new blog at www.drishtiyoga.com/blog.

(While we're on the topic of **cyberspace**, we'd also like to let you know that **Drishti wants to be your friend** on MySpace! Heh heh. You can visit our online alter-ego, become our "friend", and also view a current list of all upcoming yoga workshops in the Santa Barbara area on our MySpace page at www.myspace.com/drishtiyoga.)

Drishti Receives Two Thumbs Up From *Yoga Journal*



The February 2007 issue of *Yoga Journal* included some **great news** for Drishti inside its pages. In each issue of YJ, a different city and its yoga-related offerings are profiled. In the February issue, **Santa Barbara** was the chosen town and **Drishti** was featured with a glowing review that read as follows:

“Yogis visiting Santa Barbara should make Drishti their first stop. Not only is the store well stocked with everything you might have forgotten to pack (mats, blocks, those perfect-fitting pants), but it’s also the de facto headquarters of the city’s yoga scene – with information on classes and workshops around the area and experienced yogis behind the cash register. Sign up for the quarterly newsletter while you’re in town.”

Drishti is the **de facto headquarters** of the city’s yoga scene?! Wow! We were honored to receive such recognition from the international publication that is *Yoga Journal*. To see the actual article, visit <http://www.drishtiyoga.com/images/yjdrishti.jpg>.

Exciting New Products!



In the **yoga mat world**, we are loving the new [E.C.O. \(Earth-Conscious-Offering\) Yoga Mat](#) by prAna. Made from biodegradable TPE, these eye-catching mats are two-toned and feature nifty rounded edges. If you or someone you know is in need of a new mat, this is the one to check out.



And while you’re at it, take a look at our brand new [yoga mat bags](#) which will tote around your E.C.O. (or any other mat) in style. Available in **Blue Grass** print, **Red Spiral Dot** print, and **Floral Paisley** print, these bags are extra-large, incredibly durable, and freshly unique.



In **DVD land**, we have new releases in stock from world-class instructors **Shiva Rea**, **Paul Grilley**, and **Peter Sterios**. Shiva Rea's [Fluid Power Yoga](#) is beautifully-filmed and viewer-customizable. Paul Grilley's [Chakra Theory and Meditation](#) is high-quality and informative. [Gravity & Grace](#) is the first DVD release from popular yoga teacher Peter Sterios, and it features a well-crafted, solid practice from which all practitioners will benefit. If you can't make it to class, these DVDs will bring excellent yoga teaching into your living room.

In the **yoga clothing department**, you must check out the newest release from everyone's favorite line, **Beyond Yoga**. The Beyond Yoga [Racerback Tank](#) is both stylish and perfect for your yoga practice - everyone should have one! Another new item, the [Long Ruched Cami](#) by **Hard Tail**, is an updated version of the classic yoga cami. Wear it with your roll-down pants for downward-facing dog, or pair it with jeans for your all-important shopping days! Yoga-practicing men should check out the recently-released [navy Lotus Tee](#) by **72K**, our favorite clothing line for men. And if you're stopping into Drishti in person, you'll be pleased to note that our selection of **organic** and otherwise **eco-friendly clothing** is continually increasing in size. Thank you to our clothing lines, who are focusing their efforts on stylish designs combined with fabrics that are friendlier for the environment.

Lastly, the next time you visit our store, you need to check out our stunning **jewelry section**, which is currently **overflowing** with brand new necklaces, earrings, bracelets and rings which you'll find practically impossible to resist. If words like citrine, smoky quartz, turquoise, mother-of-pearl, and hammered sterling silver make you happy, we expect you to make a date with our jewelry case pronto.

Yoga News

Instead of bringing you our usually-scheduled Yoga News section within this newsletter, we'd like to direct you to the aforementioned **Drishti blog** at www.drishtiyoga.com/blog, which contains interesting articles galore. In the Drishti Blog, you'll find postings about **Sri K. Pattabhi Jois' health**, local yoga instructors **David and Andrea Miliotis'** recent relocation, the recent car accident that affected two popular **Network Chiropractors**, the opening of a **new yoga studio in Summerland**, and more. Enjoy!

Upcoming Yoga Workshops & Events

Inspire yourself and your yoga practice by visiting one of these fine workshops!

- Restorative Yoga w/Cheri Clampett at Santa Barbara Yoga Center
Sunday, May 20, 1:30-4:00pm, \$40
- Memorial Day Yoga Retreat w/Ganga White & Tracey Rich at White Lotus Foundation
May 25-28, \$650
- Chanting w/Steve Ross at Yoga Soup
Friday, May 25, 8:00pm, \$10 donation
- Iyengar Yoga Basics for Teachers w/Lisa Walford at Santa Barbara Yoga Center
May 25, 26, & 27, \$500 (**part of SBYC's Teacher Training Program)
- Chakra Intensive w/Siddhi Ellinghoven at Yoga Soup
Saturday, May 26, 2:00pm, \$34
- Movement Dance Event: Spirit in Motion Journey w/Cecily Miller at Yoga Soup
Saturday, May 26, 7:30-9:30pm, \$15
- Weekend Introduction to Yoga at Source Yoga Studio
Saturday & Sunday, May 26 & 27, \$35
- Introduction to Yoga at Yoga Jones
Sunday, May 27, 11:30-1:00pm, FREE
- Erotic Dance Yoga w/Niav Connor at Yoga Soup
Saturday, June 2, 7:00-10:00pm, \$35
- Teaching Yoga w/Kira Ryder at Lulu Bandha's in Ojai
June 7-17, \$1250
- Charkas in Asana w/Anne Van de Water at Santa Barbara Yoga Center
Saturday, June 9, 1:00-4:00pm, \$38
- Movement Dance Event: Spirit in Motion Journey w/Cecily Miller at Yoga Soup
Saturday, June 9, 7:30-9:30pm, \$15
- Spiritual Skydiving: Kriya Yoga Breath Work w/Goldy Ivashkov at Yoga Jones in Ventura
Saturday, June 9, 6:00-8:00, \$45
- YogaBirth with Shelle Noble at Santa Barbara Yoga Center
Friday, June 15, 7:00-9:00pm, \$40/couple
- Yin & Restorative Yoga w/Cheri Clampett at Santa Barbara Yoga Center
Sunday, June 17, 1:30-4:00pm, \$40
- Yoga w/Scott Blossom at Lulu Bandha's in Ojai

June 22-24, times TBA

-Yoga Teacher Training w/Ganga White & Tracey Rich at White Lotus Foundation
June 23-July 8, \$3500

-Yoganessa's 4th Annual Yoga Summer Camp for Children
at Santa Barbara Yoga Center
June 25-June 29, \$75

-Yoga w/Patricia Sullivan at Lulu Bandha's in Ojai
July 6-8, times & price TBA

-Living Your Yoga w/Judith Hanson Lasater at Santa Barbara Yoga Center
July 14 & 15, \$65 one day / \$110 both days

-White Lotus Weekend w/Ganga White & Tracey Rich at White Lotus Foundation
July 19-22, \$650

-ZENnis: A Practice of Tennis & Yoga w/Betsy Wise at Santa Barbara Yoga Center
Saturday, July 28, 2:00-4:00pm, \$20

-Deepening Your Practice: Advanced Training Course for Yogis
w/Ganga White & Tracey Rich at White Lotus Foundation
July 28-August 3, \$1450

You can find out more about these events by visiting the websites of the studios hosting them:

www.santabarbarayogacenter.com

www.yogasoup.com

www.sourceyogastudio.net

www.whitelotus.org

www.lulubandhas.com

www.yogajones.com

"Whether you take the doughnut hole as a blank space or as an entity unto itself is a purely metaphysical question and does not affect the taste of the doughnut one bit."

-Haruki Murakami, A Wild Sheep Chase

You have received this e-mail because you are on Drishti's **email list, which sends out approximately 6-8 email messages per year. If you wish to be removed from this list, please respond to this email with the

word "remove" in the subject line. If you know of someone who would like to be added to this list, please direct them to our email list sign up at www.drishdiyoga.com. Thank you!**

Drishiti

130 E. Canon Perdido St.
Santa Barbara, CA 93101
1-877-DRISHTI (374-7484)
805-963-0222 local phone
www.drishdiyoga.com